

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

RAW PROVIDER:

/A/NONYMOUS

CLEANER:

PAPO41

TYPESETTER:

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READING:
BATOTO

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MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

WE ARE LOOKING TRANSLATORS FOR:

DEAR SUCCUBUS SISTER



Author: Kadono
Yu

RENGOKU NO KARMA



Author: Hirose
Shun

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.



CHAPTER 10: CHEST PRESS





THE SILVERMAN GYM'S SCHEDULE (HOLIDAY)

THIS IS A
NORMAL
GYM'S
REGULAR
CORE
TIME
HOURS.

THE
BUSIEST HOURS
(AKA, CORE TIME)

AM 10:00

OPEN

PM 1:00

PM 3:00

PM 7:00

PM 9:00

PM 11:00

CLOSE

Main
Demographic

ELDERLY/WORKING
ADULTS OFF-DAYS

STUDENTS/
HOUSEWIVES

ADULTS
POST-WORK



THEN,
EVERY-
THING
BECOMES
NON-
STAN-
DARD.

HOW-
EVER,
HOLI-
DAYS
DO
EXIST.

*Silverman Gym's Predicament

The time just before lunch is the most crowded

PM 12:30

PM 1:00

PEOPLE
CALL THIS
SUPER
CORE
TIME.

IN ESSENCE,
IT'S THE PERFECT
TIME FOR PEOPLE
WHO WOULDN'T
NORMALLY
EXERCISE TO JOIN
THE REGULAR
MEMBERS
IN THE GYM.





BUT
THIS IS A
PRO-
BLEM...

AH,
MA-
CHIO-SAN
EXPLAI-
NED IT...

MA-
CHIO
NARU-
ZOU

AS YOU
CAN SEE,
WE'RE IN
THE MIDDLE
OF SUPER
CORE TIME
RIGHT NOW.

SOU-
RYUUN
AKEMI



AND ALL THE
STATIONARY
BIKES AND
TREADMILLS
ARE BEING
USED,
SO WE CAN'T
DO ANY
AEROBIC
EXERCISES.

THERE ARE
LINES TO
USE THE
BENCH
PRESS AND
DUMBBELLS
NOW...



AND ALL
THE
REGULARS
ARE USING
THE
*POWER
RACKS.

*They're used
for squats
and dead-
lifts.

It's the most
accessible
equipment,
experienced
or not.

EVERYONE
LIKES TO
USE FLAT
BENCHES,
DUMB-
BELLS AND
FITNESS
MACHINES.

HMMM,
WE
CAN'T
DO
MUCH
ABOUT
THAT.



You're
making
an enligh-
tened
face,
there.

WHAT'S
HAPPENED
TO YOU
BEFORE?

BUT MOST
PEOPLE WILL
STOP ATTEN-
DING ONCE
THE SUMMER
HOLIDAY IS
OVER.

...IT WOULD
BE NICE IF
THE PUBLIC
RETAINED
THAT KIND
OF MOTIVA-
TION...

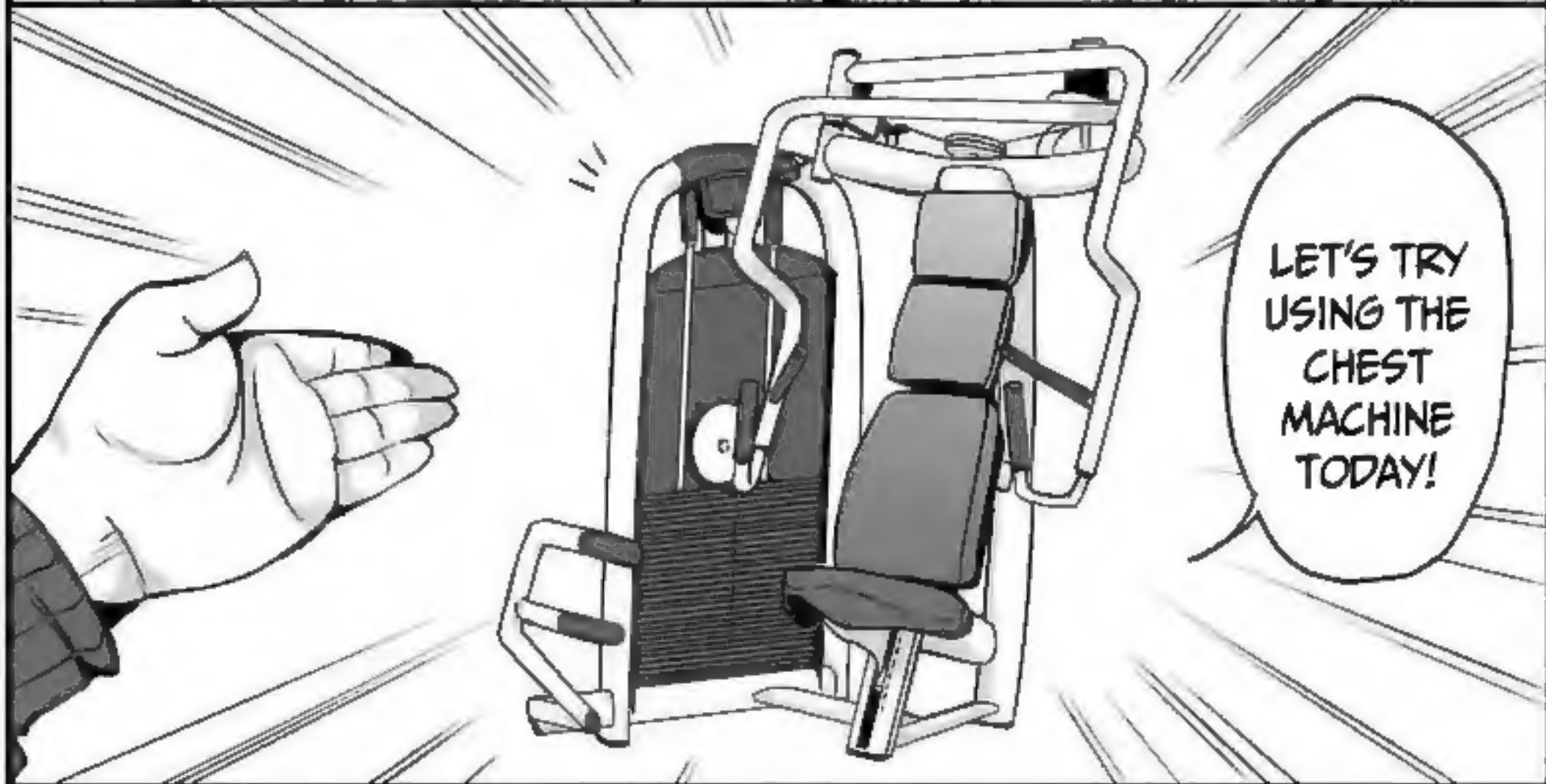


YOU
DON'T
NEED TO
GIVE UP
LIKE
THAT.

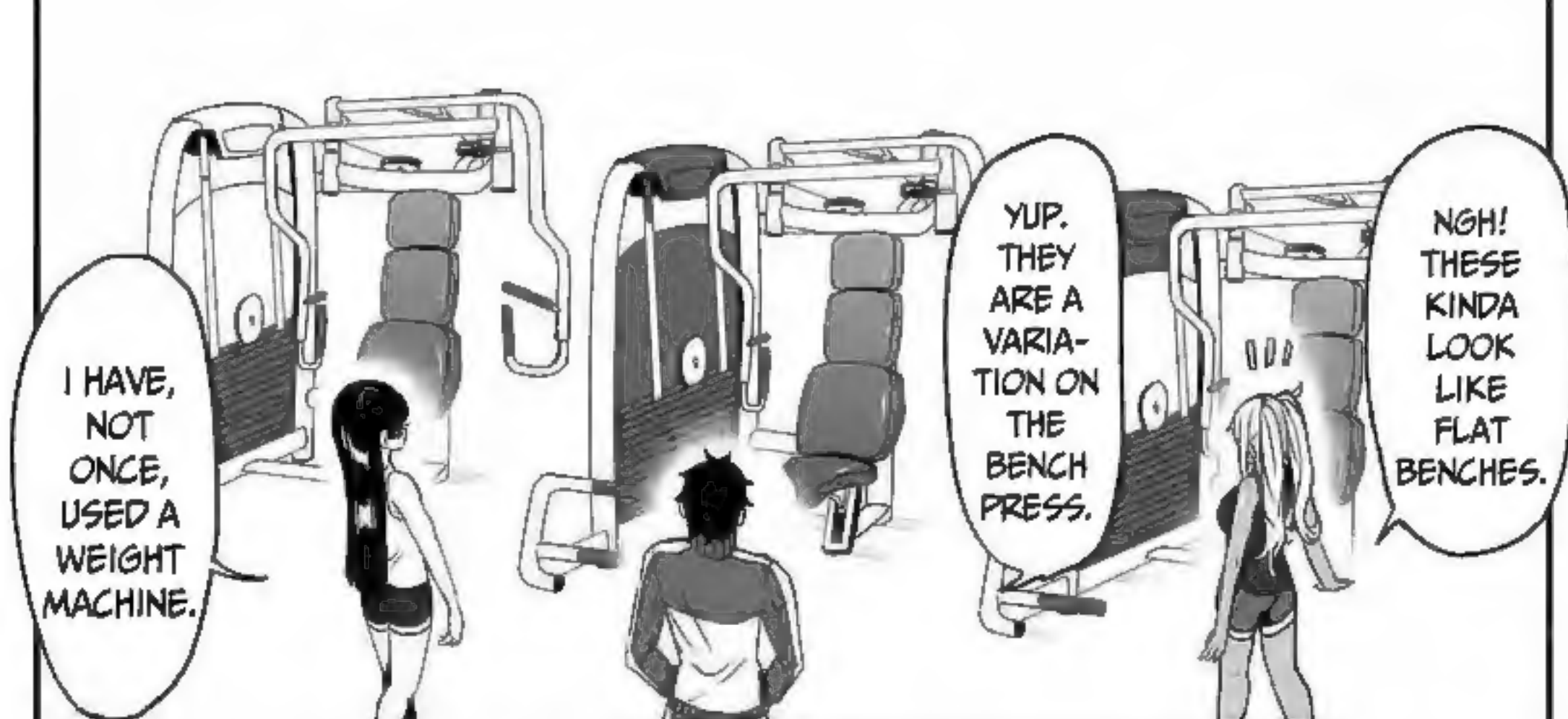
HEY,
YOU TWO,

CAN'T
DO DITTO.
ANYTH-
ING
LIKE
THIS...

I HAD
HOPED
TO WORK
ON MY
ARMS
TODAY.



LET'S TRY
USING THE
CHEST
MACHINE
TODAY!



IT IS TRUE THAT FREE WEIGHTS TEND TO ENGAGE MORE MUSCLE STIMULATION THAN WEIGHT MACHINES.

AH~..... THERE SURE ARE A LOT OF PEOPLE WHO THINK LIKE YOU, SOURYUUN-SAN.



OF COURSE NOT!



OH!? SURPRISING FROM A MUSCLE-NUT LIKE YOU, AKEMI.



IS, IS THAT SO...?

*Training with dumbbells and barbells.



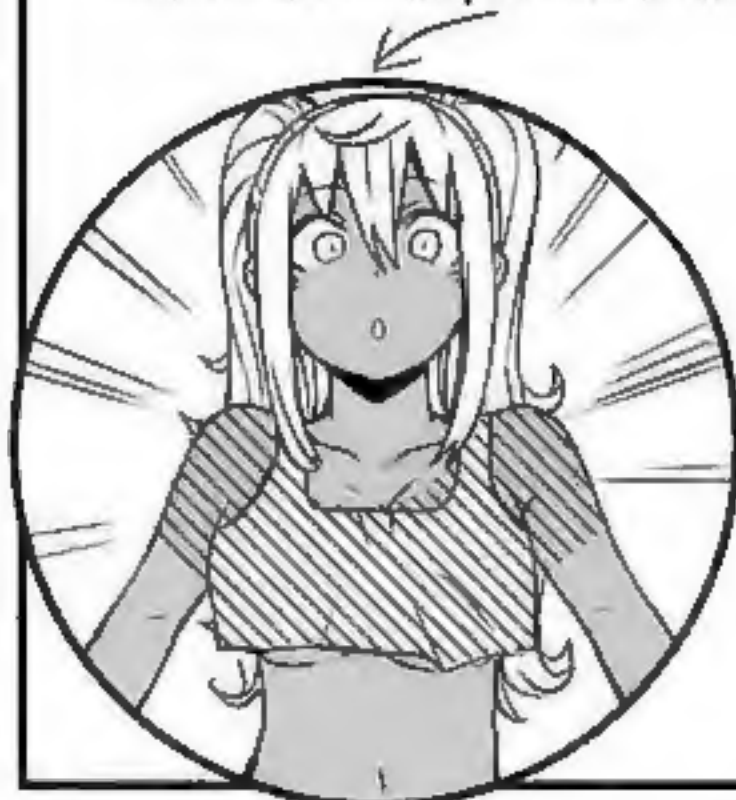
THE NOBLE WAY TO TRAIN YOUR BODY IS WITH *FREE WEIGHTS!

MACHINES ARE HERESY!



BUT SEE, MACHINES ALSO HAVE A "CHARM" THAT ISN'T PRESENT WITH FREE WEIGHTS.

As a result, using a barbell places the burden on not just the pectoralis major, but also the surrounding muscles like the deltoid and triceps brachii muscles.



During the bench press, you engage the pectoralis major muscle, but you require the use of other muscles for balance, too.



*See chapter 2.

CHEST PRESS MACHINE

Regular or Thumbless grip is OK


Stick your chest out

Your feet should be flat and comfortable

In other words, there's a far smaller burden put on your deltoids and triceps brachii compared to a barbell bench press.



On the other hand, you don't need to keep that balance for the chest machine because it's a fixed movement.



the chest machine
is more efficient at
putting mass
"only on your chest"
(only on your
pectoralis major)
compared to the
bench press.

So
if I had
to say
it.

FREE WEIGHT
AND WEIGHT
MACHINE
TRAINING
SHOULD BE
USED FOR
DIFFERENT
PURPOSES,
DEPENDING ON
YOUR GOAL.

LET'S ALL AIM
TO HAVE A
PERFECT
MUSCLE-
BUILDING LIFE.

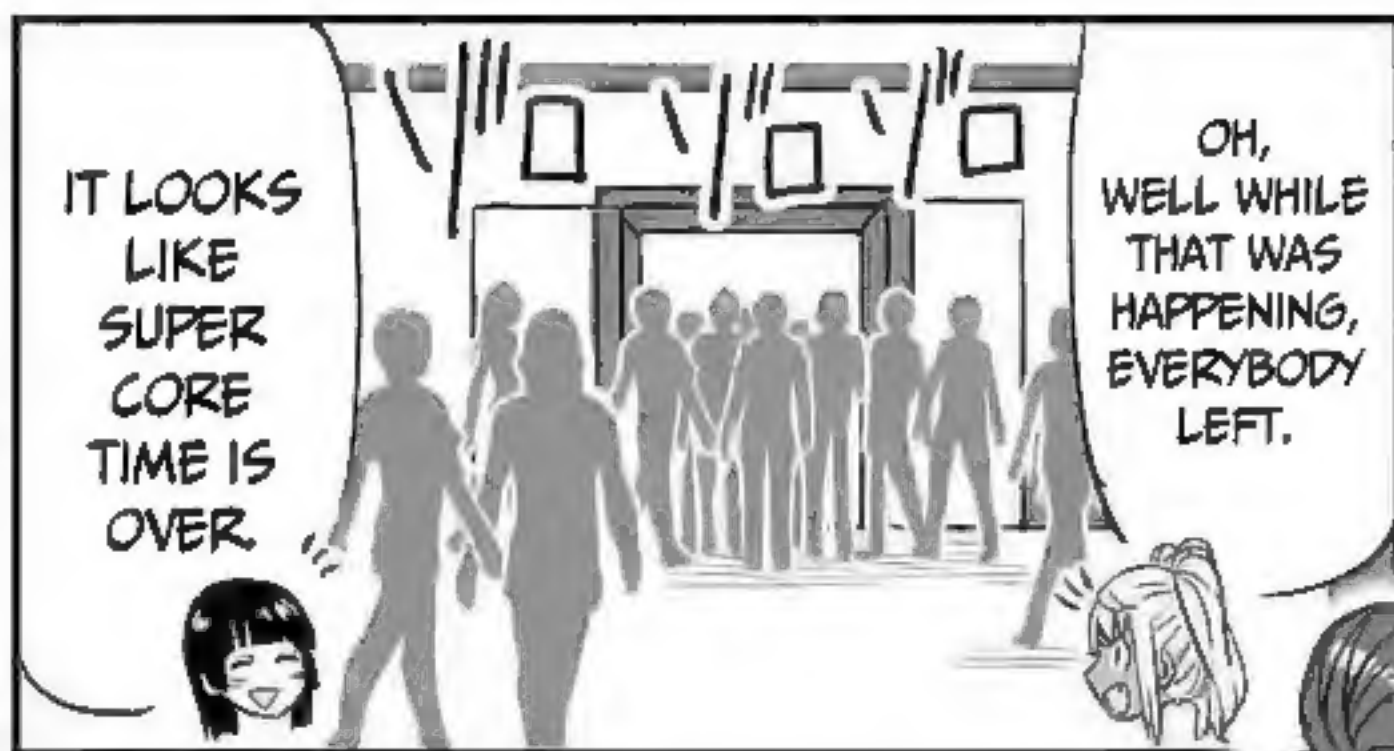


MACHIO-SAN,
YOU DON'T HAVE
TO FORCEFULLY
CONNECT IT TO
POSING.
And don't
encourage him,
Akemi.

SO
BIG,
SO
BIIIIG!

I THINK
THEY'LL
INCREASE...
INCREASE.....
GREASE.....
**GREA-
SE
TIME!!!!**









HIBIKI...
YOU
SHOULDN'T
GO THAT
FAR...

.....I AIN'T
SAYIN' WHY,
BUT THROW
THOSE
DELUSIONS
OUT.

HE'S GOT
ONE OF
THOSE
"REFRES-
HING
HOTTIE"
KIND OF
FEEL
NOWA-
DAYS,
YOU
KNOW?

BY THE
WAY,
THAT
TRAINER
IS
TOTALLY
HOT,
GIRLIE
♥



AND
ANOTHER
ONE OF MY
STUDENT
JOINS...

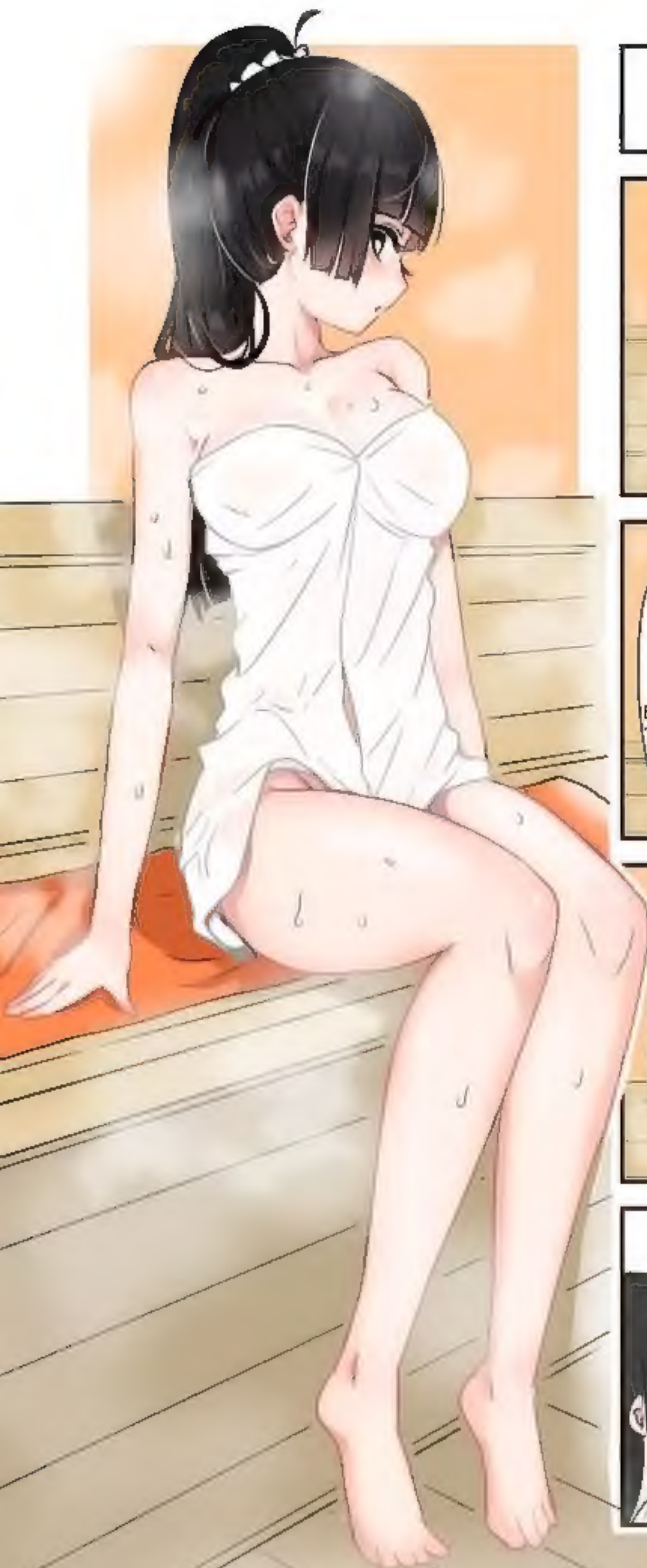
AH

SATOMI'S
SUFFE-
RING
CONTI-
NUES.

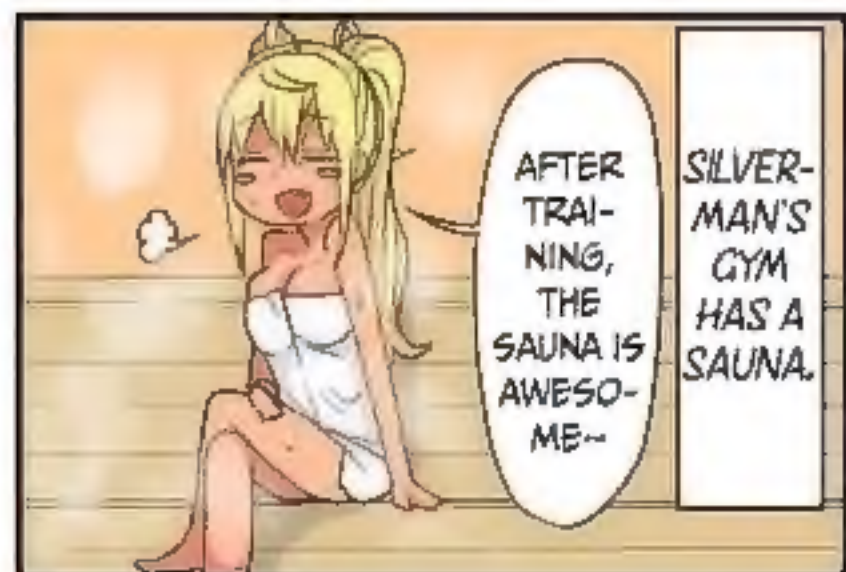
TACHI-
BANA
SATOMI

HUH?
WHAT DO
YA
MEAN?

.....WELL,
YOU'LL
SEE FOR
YOURSELF.



SAUNA



AFTER TRAINING, THE SAUNA IS AWESOME~

SILVER-MAN'S GYM HAS A SAUNA.



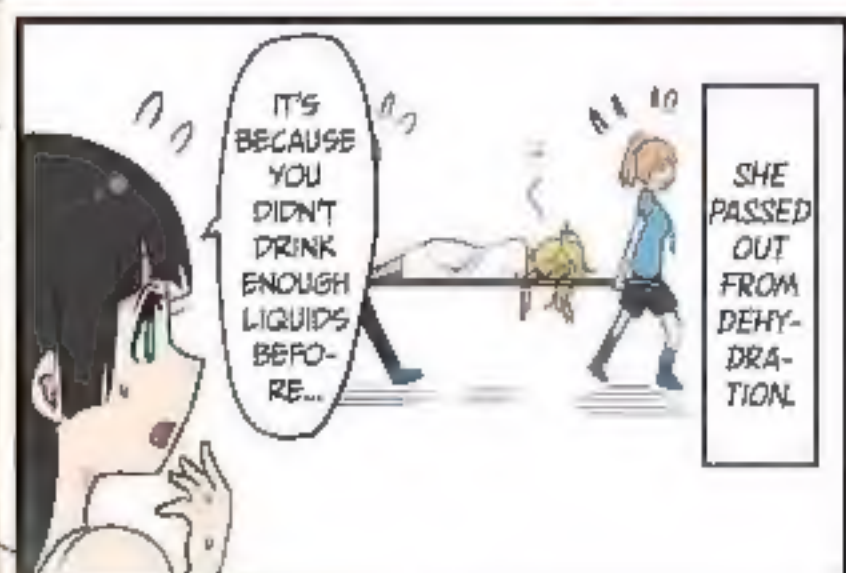
I'VE NEVER HAD BEER BEFORE, THOUGH.

IF I HAD SOME BEER NOW, THAT WOULD BE AWESOME~



I FEEL KINDA LIGH-THEA-DED.

MAAAN, ALL THINGS CONSIDERED, THIS FEELS AWESOME~



IT'S BECAUSE YOU DIDN'T DRINK ENOUGH LIQUIDS BEFORE...

SHE PASSED OUT FROM DEHYDRATION.